

## 8 Week Century Ride Training Program

Weekday	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Monday	Cross Train	Cross Train	Cross Train	Cross Train	Cross Train	Cross Train	Cross Train	Cross Train
Tuesday- SPEED	45 mins	45 mins	1 hr.	1 hr.	1.25 hr.	1.25 hr.	1.25 hr.	1 hr.
Wednesday- REST	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Thursday- STEADY	45 mins	1 hr.	1.25 hr.	1.25 hr.	1.5 hr.	1.75 hr.	2 hr.	1.5 hr.
Friday – EASY	30 mins	35 mins	35 mins	40 mins	40 mins	45 mins	45 mins	Rest – clean bike chain
Saturday- LONG RIDE	1.5-2 hr. 20 miles	2-2.5 hr. 30 miles	2.5-3 hr. 40 miles	3-3.5 hr. 45 miles	3.5-4 hr. 55 miles	4-4.5 hr. 65 miles	5-5.5 hr. 75 miles	Century 100
Sunday	Cross Train	Cross Train	Cross Train	Cross Train	Cross Train	Cross Train	Cross Train	

- This training plan is intended for triathletes who are used to training for short course events and would like to do their first Century or Epic Ride.
- This plan is comprised of (1) speedy ride, (1) steady ride, (1) easy ride, and (1) long slow day ride.
- There is (1) REST day per week. If your body is telling you that you need an extra day of rest, listen to it.
- There are (2) cross training day (i.e. strength training, yoga, swimming, running, etc.)
- For the “Speed” workout: Aim to do four to six hard or efforts ranging from 30 seconds to two minutes; in between the hard efforts, spin easy for twice the time of the interval.
- For the “Steady” workout go 2x: bike 15 minutes as though you are trying to keep up with someone slightly faster than you with your HR at 80%, and then pedal an easy pace for 15 minutes. This is great race simulation for century rides.
- Make your rest stops 15 minutes or less to keep the legs more fresh. The muscles tend to stiffen when you have been stopped for too long.